



To be completed by TAAG staff:			
Site ID: _____			
Form Code: HW7	Version: A	Series #: ____	Seq. #: ____

Health Lessons and Activity Challenges 7th Grade

Teacher Workshop I, Observation Form

A. Administrative

1. Date of Workshop: ____/____/20____ 2. Observer Initials: ____ ____ ____
(mm / dd / yy)
3. Number of Attendees who stayed for the entire workshop: _____

B. Workshop Content

Indicate how well the following items were covered during the training: (*circle one for each item*)

	Fully Covered	Partially Covered	Not Covered	N/A
4. Introductions and Housekeeping	1	2	3	
5. Ice Breaker Activity–Pedometer Challenge	1	2	3	
6. TAAG Study Overview (PP/Overhead)				
a) Importance of Study/Trends	1	2	3	4
b) Integration: Community Partners, PE, HEAC	1	2	3	4
c) Workshop Objectives	1	2	3	
d) Overview of workshop agenda	1	2	3	
7. A. TAAG HEAC Overview				
a) Goals and Objectives	1	2	3	
b) Materials	1	2	3	
c) Layout of HE Lessons and AC topics	1	2	3	
B. General Information: How to deliver lessons and challenges				
a) Lesson Format	1	2	3	
b) Lesson Flexibility	1	2	3	
c) Time Commitment	1	2	3	
d) Follow-up to Lessons	1	2	3	
e) Teachers'/Interventionists' Roles	1	2	3	
8. Questions and Answer Session	1	2	3	

	Fully Covered	Partially Covered	Not Covered	N/A
9. Lesson #1 “Why Physical Activity? Benefits of Physical Activity”				
a) Brief Introduction to Lesson	1	2	3	
b) Model or role play PA version*	1	2	3	4
c) Review (debrief) PA version using Manual & To Go Pac	1	2	3	4
d) Model or role play Classroom version*	1	2	3	4
e) Review Classroom version using Manual & To Go Pac	1	2	3	4
f) Model or role play Lesson #1 AC	1	2	3	
g) Review Lesson #1 AC assignment using Manual & To Go Pac	1	2	3	
BREAK				
h) Model or role play Lesson #1 AC Follow-up	1	2	3	
i) Review Lesson #1 AC Follow-up	1	2	3	
10. Lesson #2 “Fitting in MVPA: Intensity and Physical Activity”				
a) Brief Introduction to Lesson	1	2	3	
b) Model or role play Classroom version*	1	2	3	4
c) Review Classroom version using Manual & To Go Pac	1	2	3	4
d) Model or role play PA version*	1	2	3	4
e) Review PA version using Manual & To Go Pac	1	2	3	4
f) Review Lesson #2 AC using Manual & To Go Pac	1	2	3	
g) Review Lesson #2 AC Follow-up	1	2	3	
11. Lesson #3 “Logging On: Using Self-monitoring Techniques to Increase Physical Activity”				
a) Brief Introduction to Lesson	1	2	3	
b) Model or role play PA version*	1	2	3	4
c) Review PA version using Manual & To Go Pac	1	2	3	4
d) Model or role play Classroom version*	1	2	3	4
e) Review Classroom version using Manual & To Go Pac	1	2	3	4
f) Review Lesson #3 AC using Manual & To Go Pac	1	2	3	

***Defined as at least 1 activity from that lesson version was modeled or role played.**

	Fully Covered	Partially Covered	Not Covered	N/A
LUNCH				
g) Review Lesson #3 AC Follow-up	1	2	3	
12. Lesson #4 “The Buddy System: Enlisting Support for Physical Activity”				
a) Brief Introduction to Lesson	1	2	3	
b) Model or role play Classroom version*	1	2	3	4
c) Review Classroom version using Manual & To Go Pac	1	2	3	4
d) Model or role play PA version*	1	2	3	4
e) Review PA version using Manual & To Go Pac	1	2	3	4
f) Review Lesson #4 AC using Manual & To Go Pac	1	2	3	
g) Review Lesson #4 AC Follow-up	1	2	3	
13. Lesson #5 “Be a Goal-Getter: Short-term and Long-term Goal Setting”				
a) Brief Introduction to Lesson	1	2	3	
b) Model or role play PA version*	1	2	3	4
c) Review PA version using Manual & To Go Pac	1	2	3	4
d) Model or role play Classroom version*	1	2	3	4
e) Review Classroom version using Manual & To Go Pac	1	2	3	4
f) Review Lesson #5 AC using Manual & To Go Pac	1	2	3	
BREAK				
14. Lesson #6 “Putting it All Together: Creating a Physically Active Life”				
a) Brief Introduction to Lesson	1	2	3	
b) Model or role play Classroom version*	1	2	3	4
c) Review Classroom version using Manual & To Go Pac	1	2	3	4
d) Model or role play PA version*	1	2	3	4
e) Review PA version using Manual & To Go Pac	1	2	3	4
f) Review Lesson #5 AC Follow-up using the Manual & To Go Pac	1	2	3	

***Defined as at least 1 activity from that lesson version was modeled or role played.**

	Fully Covered	Partially Covered	Not Covered	N/A
g) End of 7 th grade HEAC celebration using the Manual	1	2	3	
15. Review Process Evaluation	1	2	3	
16. Fill out workshop evaluation forms	1	2	3	4
17. Graduation and Awards	1	2	3	

18. Additional observer comments: _____

